

Helping Out at Home

Teach Your Child to Help Around the House



1. It's important for your child to learn how to help around at home...
2. As your child gets older and learns new tasks think about ways that these new skills can be used to help out at home:
 - Baking can be a great way to practice math
 - Folding laundry can be great experience for working in a clothing store
 - Looking through the newspaper for coupons is a good way to practice reading
 - Pulling weeds in the garden is a good way to learn about biology and botany
 - Vacuuming helps to build muscles and hand-eye coordination
 - Cooking is a great way to teach the importance of healthy eating
3. Be creative in the ways that you involve your child- every family is different so have fun discovering what works in your home.
4. Expecting your child to help out at home will teach responsibility and will help your child to feel like a helpful part of the family...



Kentucky Commission for Children
with Special Health Care Needs